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NSAB Selects its Top Sailors of the Year

By Mass Communication Specialist 3rd Class
Brandon Williams-Church
NSAB Public Affairs
staff writer

On Oct. 29, Naval Support Activity Bethesda (NSAB) selected its top candidates for Blue Jacket, Junior Sailor, Senior Sailor and Sailor of the Year.

In its second running of the program, this year's candidates were selected for their sustained performance throughout the year, going above and beyond the call of duty.

After the selection process was complete, the selected individuals credited their success to hard work, motivation, dedication to their job and helping other Sailors reach their full potential.

Senior Sailor of the Year Master-at-Arms 1st Class Mark L. Collins, operations chief and security department leading petty officer said, "The only reason I am selected as senior Sailor of the Year is because of my Sailors. They are the reason I am here. I give them guidance, leadership, mentorship and the tools that they need to be successful and in turn they give me what I need to be successful. So, I make sure that I take care of my Sailors to ensure they have what they need to be triumphant in the end."

Sailor of the Year Personnel Specialist 2nd Class DeMario J. Stackhouse considered being selected a real honor. "[This selection] not only means I am doing what I am supposed to be doing, but that individuals are seeing and recognizing it," said Stackhouse. "At the end of the day, I want to be a Sailor that people can look up to or look at my career and be inspired by. My main drive is



Photos by Mass Communication Specialist 3rd Class
Brandon Williams-Church

**Master-at-Arms 1st Class
Mark L. Collins**

to be that image that everyone comes across and says they want to be like. I never settled for average. I did volunteer work, college courses and Navy Knowledge Online courses even when they weren't required. I did more than what was required to show how much of a dedicated worker I am. I am a Sailor 24/7 and I think that everyone around me knows and sees that."

Junior Sailor of the Year Master-at-Arms 3rd Class Robert Baker never considered himself to be among the best of the best, just a hard worker. "It's an unbelievable honor and a good feeling to be called the best," said Baker. "My work speaks for itself. [Seeing what other Sailors were doing] pushed me to do more volunteer time and drove me to want to get every qualification above my pay grade. It made me want to out perform myself daily."

Blue Jacket of the Year Master-at-Arms Seaman Eric F. Denver, assistant command fitness leader (ACFL) for NSAB, said his selection as one of the top Sailors for the command provides motivation and drive to be as hard-working as his senior enlisted leaders. "I fol-



**Personnel Specialist
2nd Class DeMario J.
Stackhouse**

lowed in my senior enlisted leaders' shadows," said Denver. "I saw how they got to where they are and did what I needed to do to achieve the same things. I try to be a motivator, get out there and do what I have to do to succeed. I try to come in and hustle and do my job so I can be that stand out, that shining star that junior Sailors can also look up to."

All of the selected Sailors of the Year accredited their friends and family as the inspiration for pushing themselves as far as they could to be the best at what they do. Not only was inspiration key for each of these Sailors' success, but an unparalleled work ethic and their willingness to donate time to volunteer and give back to the community helped make these Sailors candidates for their selection.

"My family is a big impact on my life," said Denver. "Seeing my younger brother excel gives me more motivation because I am supposed to be his inspiration as his big brother. [Looking at] the amount of success my brother achieved so early in his career makes me go out and push for that extra mile. ACFL is usually an E-5, E-6 billet. I tried to get as much



**Master-at-Arms 3rd
Class Robert Baker**

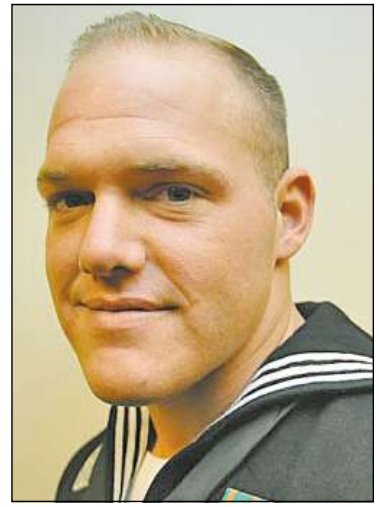
responsibility as I could without the proper rank."

Baker noted Master-at-Arms 1st Class Troy Felton, Master-at-Arms 1st Class George Sangriu and Master-at-Arms 2nd Class John Vautour had been there along the way pushing him.

Stackhouse credits his co-workers, his mother and grand-mother for giving him encouragement. "Ms. Middleton has pushed me and has not allowed me to settle. She has always told me to keep pushing forward and has been that person to [guide] me. My mother has also said never to give up and strive to do your best. Even as a child, my grandmother embedded in me the desire to never settle for average. I carry that in me in everything that I do. Sometimes I feel like I'm on a treadmill wanting to stop but they all keep me going."

Collins referenced his leaderships in the past as inspiration but his family certainly provides key inspiration for him. His brother and father were retired chiefs in the Navy, but his wife and son are his motivation every day, at work and at home.

Collins shows his commitment through volunteer



**Master-at-Arms Seaman
Eric F. Denver**

hours with the Navy Marine Corps Relief Society as the command representative for fund drives. He also volunteered hours with the Special Olympics, Baltimore Fire and Police Department and with Morale, Welfare and Recreation on base. Collins is currently working on receiving his MBA through Southern Illinois University.

Denver gave his advice for any Sailor, junior or senior, who strives to be named Sailor of the Year.

"Everyone has their personal lives, everyone has their work, but, if you can separate the two and focus on your job, nothing should stop you from achieving your goals," said Denver. "If you can stay focused and put all your effort, time and even your negative energy into it, you can mold something great. Great poets, artists and athletes, no matter what they all were going through they focused all their energy and had a goal they wanted to reach. Even if they didn't land in the stars, they landed in the clouds. You have to want it; you have to be hungry so you can get what's yours."

Commander's Column

This is the last issue of 'The Journal' prior to the Thanksgiving holiday. I wish you and your family a very Happy Thanksgiving. As we head in to the holiday season, please be careful as you celebrate, travel safely and have a reasonable travel plan. We want and need you all safely back with us following the holiday.



and every one of you and what you do every day. I am grateful to you because you do that mission with regularity and certainty, and you understand the importance of our mission, your mission; that mission at hand. You are about a greater good, and you strive to provide more than the minimum, more

than what is expected, more than what is required. I truly appreciate all that you do, and you do amazing things every day. This is truly a gift, and I am very thankful for it.

Our service is inspired by, reliant upon, and made possible because of our family. If our experience is similar, I can't imagine being able to fully devote myself to the important work we do without my family's support. We/I have professional pride and doing a good job matters, but ultimately, I know I am being successful when my family tells me they are proud of what I do and that it makes a difference. That makes it all worth it to me.

You and your family have made, and continue to make, sacrifices every day. For the inspiration and sense of purpose my family provides to me and yours provides to you, please accept my heartfelt gratitude. This is truly a gift, and I am very thankful for it.

As you've read this column, I hope that it has helped you think of something of your own that is truly a gift, and you are very thankful for it. Happy Thanksgiving! All ahead flank.

**All ahead flank,
Capt. David Bitonti
Naval Support Activity Bethesda
Commanding Officer**

Bethesda Notebook

Native American Heritage Month

The Bethesda Multicultural Committee will host the base National American Indian Heritage Month celebration on Wednesday at 11:30 a.m. in the America Building atrium. For more information call Lt. Irina Roman at 301-319-0177 or Hospital Corpsman 1st Class Emmanuel Ilfracam at 301-295-2043.

Hearing Clinic Hours

The Hearing Conservation Walk-In Clinic at Walter Reed Bethesda is open Monday through Thursday from 7 to 11 a.m., and Friday from 7 to 10:45 a.m. The clinic is open afternoons Monday through Wednesday from 1 to 3:30 p.m., and Friday from 1 to 2 p.m. There are no afternoon hours on Thursday. The clinic is in Building 7, on the second floor of the Liberty Zone, Room 2143, adjacent to the Occupational Health Clinic. The clinic is available to adult patients, active duty and civilian employees in the Noise Medical Surveillance Program. Care includes routine hearing exams such as annual PHA (Physical Health Assessment), periodic, readiness, separation, retirement, commissioning and other services. For more information, call 301-295-4665.

Base Parking Changes

The Navy Exchange parking garage will turn over to retail only Nov. 30. A new parking garage will open on Nov. 29 and be open for several colors of parking passes. More information to follow.

Alcoholics Anonymous Meeting

Alcoholics Anonymous (AA) meets Mondays (except for the first Monday of the month), Wednesdays and Fridays from noon to 12:50 p.m., and Tuesdays and Thursdays from 7:30 to 8:30 p.m., in Building 8, Room 2230 (Chaplain's Conference Room). For more information, call 301-503-1210.

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Café 8901 Rings in the Holiday Season

By Walter Reed Bethesda Nutrition Services Department

Walter Reed Bethesda's Nutrition Services Department is pleased to host the annual Thanksgiving holiday meal on Nov. 28 from 11 a.m. to 2 p.m. Staff, visitors and all ambulatory patients are welcome to attend. The meal will be held in the temporary dining facility in front of the Tower (Building 1) and will

kick off with a traditional holiday blessing from the hospital chaplain.

The menu is priced a la carte and will feature holiday favorites and flavors as follows:

Starters: Shrimp Cocktail (\$1.75) and Pumpkin Soup (1.45/\$2.00)

Entrees: Herb Roasted Turkey with seasoned gravy (\$2.50), Honey Glazed Ham (\$2.00), and Carved Beef Top Round (\$3.25)

Accompaniments:

Autumn Roasted Vegetables, Green Beans with Sundried Tomatoes, Whipped Sweet Potatoes, Mashed Potatoes with Gravy, and Holiday Cornbread Dressing all priced at \$.70 per serving.

Sweet Endings: Pecan Pie, Chocolate Layer Cake and Pumpkin Pie each priced at \$1.15 per serving. Homemade pumpkin cheesecake is available for \$2.00 per serving.

Guest trays will be available for family

and friends who wish to have Thanksgiving lunch with their inpatient loved ones. On Thanksgiving morning, guest trays can be purchased and menu selections made for delivery to the ward at a cost of \$7.00 per meal. Payments will be taken at Café 8901 Express (kiosk) from 8 to 10 a.m. Meals will be delivered with their family members' tray through room service ambassadors.



Courtesy photo

Christmas Tree, Carols Brighten Holiday Spirit



Photo by Ryan Hunter

Members of the Public Health Service Chorus Ensemble sing carols in the Navy Exchange after the first annual lighting of the Christmas tree Tuesday.

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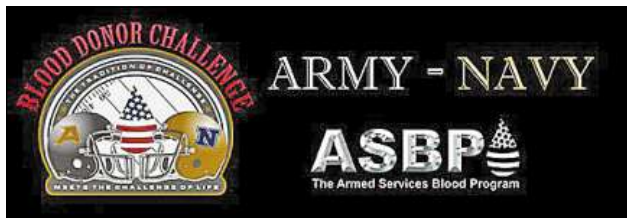
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Services in Friendly Competition to 'Meet the Challenge of Life'



Graphic courtesy of Armed Services Blood Program

By Bernard S. Little
WRNMMC Public
Affairs staff writer

It's Army versus Navy again, but not on the gridiron. Instead, this challenge is taking place in blood donation centers across the National Capital Region, as Soldiers and Sailors vie for bragging rights in who can donate the most blood units to the Armed Services Blood Program (ASBP).

"The challenge is all about fun and good, clean competition," explained Victoria Fernette, ASBP public affairs specialist/recruiter. "It is done in conjunction with the much-anticipated

Army-Navy Football game on Dec. 14 in Philadelphia. Having fun and competing for bragging rights and the trophy sets the ground work for the real reason — collecting enough blood to meet the needs of our military members, their dependents and veterans. Over the holidays when collections tend to drop off, the need is just as strong."

This is the third year for the friendly competition, dubbed Army-Navy Blood Donor Challenge, The Tradition of Challenge Meets the Challenge of Life. "The Navy has won the first two years.



Photo courtesy of Armed Services Blood Program

Marine Cpl. Garrett J. Carnes from the Wounded Warrior Battalion East accepts the trophy for the 2012 Army-Navy Blood Donor Challenge on behalf of the U.S. Navy from Air Force Col. Richard McBride, director of the Armed Services Blood Program, during the Army-Navy football game last year.

However, the Army locations such as Joint Base Myer-Henderson

Hall (Va.) have direct orders from their command to bring home that trophy this year," Fernette said. She added, the first year, a total of 700 units of blood was collected, and last year, 1,100 units were collected.

In addition to Walter Reed National Military Medical Center (WRNMMC) and Joint Base Myer-Henderson Hall, other participating units include Fort Belvoir Community Hospital; the Washington Navy Yard, D.C.; Fort George G. Meade, Md.; Aberdeen Proving Ground, Aberdeen, Md.; and Army Edgewood Chemical Biological Center, Edgewood, Md.

"The overall winner is awarded the crystal blood drop trophy during the football game, on the field, viewed by all," Fernette said. A second level trophy is awarded to the Navy location and Army location that has the

greatest participation.

Those who can participate in the challenge include personnel on military bases and on federal properties around the Greater Washington D.C. area, Fernette explained.

"Donations are accepted by military, dependents, civilian and contract workers. Anyone who has the proper identification to gain access to the facility can donate," She added civilians and services members who aren't Army or Navy, may choose which "team" they want their donation to go to during the friendly competition.

"There are two opportunities to donate here at [Naval Support Activity Bethesda] — Friday, Nov. 22, from 11 a.m. to 3 p.m. at the Uniformed Services University of the Health Sciences (USU), and Tuesday, Dec. 3 from 9 a.m. to

2 p.m. in the hospital (Building 9), main level."

"The ASBP is very proud to sponsor this annual event," Fernette said. "The challenge creates awareness of our program and our mission. Without the support from military members and civilians alike we would not be able to take care of your service members down range and in recovery."

She added all donors will receive the choice of a 2013 Army-Navy Blood Donor Challenge t-shirt or event mug.

Appointments can be made on ASBP website at www.military-donor.com, search for the location by date or sponsor code. The WRNMMC code is NNMC. For more information, people can contact Fernette at victoria.fern timer@med.navy.mil, or call 301-295-2019.



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Warrior Care Month

Research Summit Highlights Ongoing Projects Benefitting Patient Care

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Researchers from across the National Capital Region (NCR) gave an overview of their ongoing studies during the Fall 2013 Research Summit at Walter Reed Bethesda recently.

Projects ranged from the physiological measures of traumatic brain injury (TBI) to assessing the safety and function of sensors implanted in the upper extremities of amputees for prosthetic control, all intent on improving health care for wounded warriors and others.

The research summit at Walter Reed National Military Medical Center (WRNMMC) is held every fall and spring to present and discuss investigative work, as well as provide opportunities for collaboration among researchers, explained Army Lt. Col. Molly Klote, chief of the Department of Research Programs (DRP) at WRNMMC, which sponsors the summit.

"There's a lot of research going on in the National Capital Region. We want to tap into it to make opportunities available to both researchers at this institution, and for external researchers to come in and see some of the work we're doing in order to develop synergies and piggyback off of one another's efforts," Klote said.

"Our main mission is to advance research within this institution and within the NCR," Klote continued. "We have great partnerships with Fort Belvoir Community Hospital (FBCH) and the Joint Pathology Center." She added there's also a "state-of-the-art" biomedical research laboratory at WRNMMC,



Photo by Bernard S. Little

Army Captains (Doctors) Bradley Havins and Donald Chaffee present their ongoing research project concerning minimalist footwear during the Department of Research Programs Fall 2013 Research Summit on Oct. 29 at Walter Reed Bethesda.

which enhances investigative efforts of Walter Reed Bethesda staff and collaborators.

Dr. Dominic Nathan kicked off the summit discussing his work with physiological measures of TBI and the Integrated Neuropsychiatric Assessment System (INAS). As a research biomedical engineer with the TBI Research Program in the Department of Military and Emergency Medicine at the Uniformed Services University (USU), Nathan oversees the data analysis procedures and all data handling for the program.

"The goal of [INAS] is not just to diagnose or identify individuals who have mild TBI, but also identify those individuals who are at risk of developing symptoms and later onset [of mild TBI]," Nathan said.

Another program involved in TBI research, the Center for Neuroscience and Regenerative Medicine (CNRM), is a collaborative effort between USU, the National Institutes of Health and WRNMMC. CNRM Director, Dr. Regina Armstrong, discussed the work of the

program, which puts "special focus on military relevant injuries to maximize recovery."

"We have more than 200 different projects ongoing or completed," Armstrong said. She explained studies involve "diagnostic to recovery and repair" of TBI. She added because of the complexities of TBI, including the extent of injuries and predictors of who will fully recover and who will have chronic challenges, the CNRM is involved in the research of "novel treatments and regenerative strategies." She explained the program is also working with the National Football League in TBI research with focus on prevention and treatment.

Dr. Sarah de la Motte, assistant research professor in the Injury Prevention Research Laboratory at USU, also discussed her work at the summit. The certified athletic trainer explained the lab's research focuses on the prediction and prevention of musculoskeletal injuries for training and deployed troops. "Failure of physical

resiliency" is how she defined musculoskeletal injury, and "every war fighter needs physical resiliency. We

would like to prevent [its failure]."

"Musculoskeletal injury is the largest cause of lost duty and one of the most expensive problems that our war fighters face," de la Motte said. "In 2010 alone, there were 1.6 million medical encounters [because of musculoskeletal injuries] each costing more than \$100,000. Most of that is preventable, and we're focused on things that we can look to change to prevent these kinds of injuries from happening."

In line with that, Army Captains (Doctors) Bradley Havins and Donald Chaffee, third year family medicine residents at FBCH, gave an overview of their ongoing research concerning minimalist footwear

in runners. Chaffee, an avid runner who has completed multiple marathons in minimalist shoes, explained the medical relevance of their study, saying, "In primary care for a lot of different conditions, we're constantly telling our patients to be more active. Figuring out the best way for them to be more active and avoid injury is very important in our clinical study."

Also at the summit, Army Capt. (Dr.) Matthew W. Miller gave an overview of the research he is co-investigating with a medical team that includes retired Army Col. (Dr.) Paul Pasquina, assessing "safety and functionality of implantable myoelectric sen-

See **SUMMIT** page 10

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Installation Recreational Facility Nears Completion



Photo by Ryan Hunter

“In the spring the sod will grow to look lush and green,” said Project Manager and Construction Manager, Ens. Hadi Mirsadeghi as he stands near the new recreational facility’s softball field.



Photo by Ryan Hunter

Although there are soccer goalposts situated on either end of the artificial turf field, it was designed and marked to be used for multiple sports. The white lines are yard marks for football, the yellow lines for soccer and the blue lines are for lacrosse.

By Ryan Hunter
NSAB Public Affairs
staff writer

Construction sites may be a common occurrence at Naval Support Activity Bethesda (NSAB), but soon base residents will reap the rewards of their patience as the NSAB Recreational Facility opens to the public this winter.

The new park, located on the east side of campus along Perimeter Road, will offer a variety of outdoor activities available free of charge to base residents and staff.

“The biggest attraction of the park is the multipurpose sports field,” said Cmdr. Burr Vogel, public works officer for Naval Facilities Engineering Command. The 64,000 square foot area is lined with artificial turf and built with natural drainage to a nearby water reservoir; this makes the field ideal for use in all seasons and types of weather. Although there are soccer goals at both ends of the field, the area is also marked for football and lacrosse.

Before the redesign, the original softball field located near the Uniformed Services University of the Health Sci-

ences was, “hilly and choppy,” said Vogel. This is not the case with the brand new softball field, which is smooth and covered with natural sod. The playing field also benefits from new bleachers and fences, as well as an electronic scoreboard.

Exercise equipment will be plentiful in the park, said Project Manager and Construction Manager, Ens. Hadi Mirsadeghi. “There will be five small exercise stations and a larger workout area. These areas will have many pieces of athletic equipment, including: a parallel bar, leg press, chin lift, vertical press, chest press, rowing machine, recline bike, horizontal ladder, twist station, sit up benches, weight lift station, spring balance beam,” and many more.

The entire park will be accessible by a trail, approximately 3.5 miles in length. The paved path is designed for cyclists and runners but, like every other path in the park, will also be handicapped accessible in compliance with the American Disability Act.

Some of the other facilities available in the park will



Courtesy Graphic

The concept plans for the new recreation facility. This map is not accurate to the finished design of the area, but shows the accurate location of the softball field, multipurpose field, basketball court and many other park attractions.

include: a concession stand, additional parking spaces, an enclosed basketball court, an all sand volleyball court, horseshoe pit, playground and two picnic pavilions equipped with brick barbecue pits.

The project is part of the Base Realignment and Closure (BRAC) initiative, the same 2005 law that closed the former Walter Reed Army Medical Center. Of the \$20 million reserved from the initiative designated to increase recreational opportunities, accessibility and safety at NSAB, \$5 million was used in construction of the NSAB recreational facility.

“Before BRAC we didn’t

really have anyone that lived here,” said Vogel. “[It created] this huge population of people on base and we had no community activities and limited recreational activities, besides the gym and the pool. So, we really put a big push through the project planning, design and construction effort to make the place feel a little bit more like a home.”

According to Mirsadeghi, base residents and staff have been anticipating the park’s opening for quite some time. “We occasionally see people trying to sneak onto the field and go for a run. They’re just so excited to see this project

completed. We can’t wait to finish up and turn it over. It’ll be a great place for everyone.”

As the park reaches its tentative completion date on Dec. 1, Vogel hinted at other base projects near completion at NSAB. “Just wait until the spring when we finish the new barracks (Sanctuary Hall). The USO facilities are also scheduled to finish around the same time, since Mar. 31 is their grand opening. The character of that side of the campus will really transform from being a lost corner of the base, to being central for the community and recreation.”

WRB Pharmacist Receives Distinguished Award



Photo by Katrina Skinner

David Rohrbaugh, a pharmacist at Walter Reed Bethesda, recently earned the 2013 Janet B. Hunter Award, an Army honor earned by a civilian pharmacist awarded at the Annual Joint Forces Pharmacy Seminar.

**By Cat DeBinder
WRNMMC Public Affairs
staff writer**

Congratulations go out to David Rohrbaugh, a pharmacist at Walter Reed National Military Medical Center (WRNMMC) for winning the 2013 Janet B. Hunter Award.

The Hunter Award is an Army honor earned by a civilian pharmacist and awarded at the Annual Joint Forces Pharmacy Seminar. Nearly 700 civilian pharmacists working at military treatment facilities worldwide are eligible to be considered for the award.

Rohrbaugh, who is also the elected WRNMMC civilian representative to the board of directors, said the award is given to those who “are not sitting back and waiting, but seeing challenges and embracing opportunities to create solutions.”

“It was definitely unexpected and I’m greatly appreciative of the honor,” he added.

Army Col. Laurel Fields, head of the pharmacy department at WRNMMC, nominated Rohrbaugh for the award. She said Rohrbaugh, a 10-year Department of Defense civilian employee, “has continued to excel and accept positions with increasing responsibility.”

“David is a consummate professional and leader who serves as a role model for others to emulate,” Fields continued. “His dedication and professionalism are unparalleled and he is an integral member of the pharmacy team,” she said.

Fields said Rohrbaugh has been responsible for evaluating and improving the Sole Provider Program, creating templates, a training program, and user-friendly organized files.

“Additionally, he has been championing the enhancement and development of a share point site as the base of operation to ensure better documentation, tracking, and efficiency within the pharmacy,” Fields said.

“David has also had the oppor-

tunity to be a lead pharmacist, and intricately involved in pharmacy’s strategic planning groups,” Fields continued. “[He] is dedicated to ensuring the success of this program and to providing the best management of care for our warriors and their families,” she added.

Army Col. John Spain, the former WRNMMC deputy commander for clinical support and currently the pharmacy program manager and consultant to the Army Surgeon General, said of Rohrbaugh, “This award is due recognition of many years of dedicated service.”

The colonel said Rohrbaugh always impressed him as an “informal leader who eagerly sought out opportunities to improve the service we provided our patients.

“He serves as a great example that demonstrates each individual in the organization can make a difference,” Spain said. “His actions reflect the very meaning behind the phrase, ‘What I do Matters,’” he added.

NMCRS: Educating Sailors and Marines to be Financially Fit

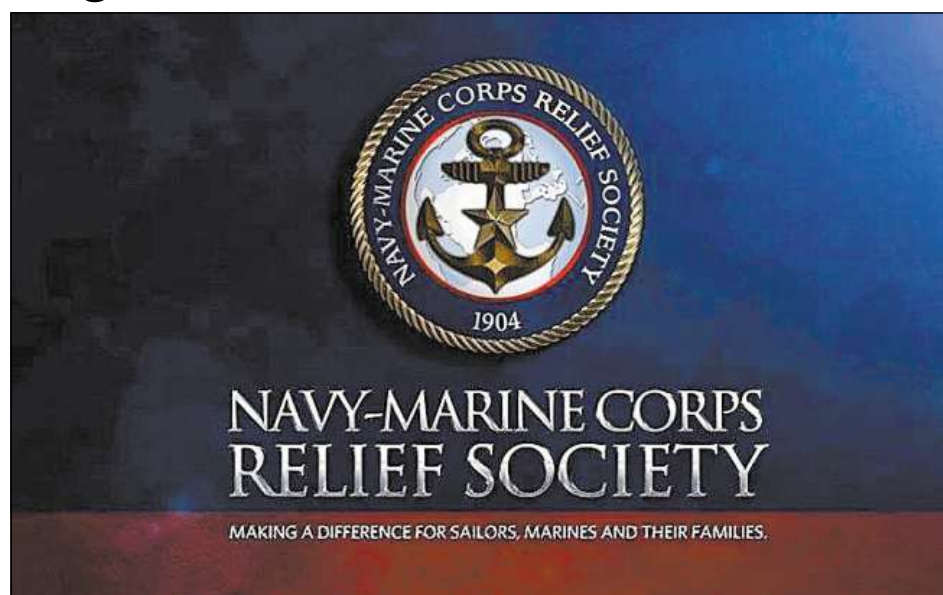
**By Mass Communication
Specialist 2nd Class
John K. Hamilton
NSAB Public Affairs
staff writer**

Started in 1904, the Navy Marine Corps Relief Society (NMCRS) was established to provide assistance to widows and orphans of fallen Sailors and Marines.

However, over the years, it has become an institution that helps active duty service members, retirees and their families in times of financial need.

“The mission, vision and guiding principles of the society include educating Sailors and Marines financially,” said Gillian Connon, Naval Support Activity Bethesda NMCRS director. “We want service members to walk out of here with a workable spending plan so that they know what’s coming in and what’s going out. If we are able to create a more fiscally responsible Sailor or Marine, then we add to force readiness. This helps the service member when he or she is deployed so they aren’t worried about the home front, because they know they left the financial part of their life on firm grounding.”

The NMCRS can provide emergency loans, and sometimes grants,



Courtesy Graphic

for basic living expenses. This includes rent, gas to get to and from work, food and utilities. They also provide assistance for emergency leave, car repairs and much more.

“We offer a ‘Budget for Baby’ class and the nice thing about doing that here at Naval Support Activity Bethesda is because we offer it to every service,” said Connon. “As long as you are active duty or retired, you can come and learn how a baby is going to affect your budget.

“Getting assistance is pretty easy,” Connon added. “We take walk-ins and nine times out of ten

we can see [the service member] right away. We also take phone appointments, which makes it easier to set up a time for them when I know there is a certain case worker available to handle their case. For emergency leave, people can walk right in and we will put other things on the back burner to put them on a plane that same day and get them home for that emergency, if possible.”

While the society can’t provide loans for holiday spending they can point service members in the right direction.

“Christmas presents, Christmas travel, regular leave, buying wants and needs is not in our policy, but we can sit down and show you how you can afford these things in your budget,” said Connon. “We can also [suggest] other options to help you with your spending.”

Chris Tatum, NMCRS volunteer and prior service member, said he wished he knew about the program when he was in the military. Tatum said, “It’s a great program that helps a lot of people and does great things for the community as well.”

The society provides assistance with the help of a large volunteer presence.

“For every one staff member there are four volunteers [here at NSAB],” said Tatum. “I became a volunteer when I got injured on the job. There was a program called Right Care Day One, which allowed me to work while I was recovering at a non-profit organization. Since I’m prior military, they offered me either the American Red Cross or NMCRS and I chose NMCRS. Now, that I’m finished with my recovery, I still volunteer.”

For more information about the NMCRS or if you are in need of assistance, contact Connon at 301-295-1207.

Outreach Event Prepares Wounded Warriors for Civilian Careers

By Ryan Hunter
NSAB Public Affairs
staff writer

Healing is a full time job, and for many wounded warriors at Naval Support Activity Bethesda (NSAB) preparing for a civilian career while in recovery can be tough. However, Jennifer Anderson, a team leader for Operation Warfighter (OWF) believes “you can prepare for a career with our help.”

On Nov. 13, OWF, a liaison between federal agencies and wounded, ill or injured service members looking to transition into the civilian job market, held the OWF outreach event career fair. More than a dozen federal government agencies looking to provide service members with on site job training through internship positions appeared at the event.



Photo by Ryan Hunter

Sgt. Franz Walkup and his wife speak to representatives from the Selective Services System during the Operation Warfighter outreach event. The next career fair is scheduled for Dec. 5.

Many of the internships are “custom tailored to meet wounded warrior interests,”

said Chris Durachka, associate chief of the software division at NASA’s Goddard Space

Flight Center. “If a service member wants to look into computer security, we’ll talk to our security team and develop an internship specifically for them. The point of it is to see what they really want to pursue and bridge that gap.”

According to Anderson, unlike most private business internships, these positions are flexible and designed to meet the demanding needs of a service member’s recovery. “It might just be a 10 hour a week part-time position, or it could be up to 40 hours if their medical appointments are fewer and further between. Every case is different. It’s not a cookie cutter type of opportunity.”

“Once someone completes [their internship with] OWF and is within approximately 90 days of separating [from the military,] I get their resume,” said Ed Cody, the national capital region coordinator for The Office of Warrior Care Policy’s Education and Employment Initiative (E2I).

“I connect them to organizations that I know are looking for people with their skills.”

E2I works directly with OWF and many of the federal agencies to secure jobs for service members, often at the same location where they are completing their internship. Positions aren’t guaranteed, but are favorable if agencies have vacancies and are looking to fill them. “[Employers] who have already had the opportunity to work with our guys through this internship for six months or more know what they can do,” said Cody.

Even if it’s not possible for a disabled service member to find paid employment at the same place where they’ve worked as an intern, the E2I can help turn their experience into a sustainable career.

“We’re connected with all the federal agencies, major corporations and a lot of other smaller corporations who are intent upon hiring veterans and understand the value of having veter-

ans on their staff,” said Cody.

“Disabled veterans are high on the list of a lot of organizations and there is a lot of support to find opportunities for them in career oriented jobs, not just stocking cans at your local store.”

Many of the wounded warriors involved in the internship and employment programs are at least 30 percent disabled and this factor does not work against them. All of the federal agencies and private companies attending the OWF outreach event have facilities designed to meet the Americans with Disabilities Act guidelines. According to Cody, these organizations also, “use preferential hiring authorities to bring [disabled] individuals on the payroll without competition.”

“We’ve had probably 30 interns over the last 3 or 4 years [at Goddard],” said Durachka. “Our [career employment] placement record [for interns] is about 10 percent, but we easily offer more than 30 percent of our interns jobs. A lot of them go back to school using their G.I. Bill or decide to go into a different area.”

Staff Sgt. Alejandro Jauregui, supports the program and believes it, “provides a great opportunity,” for him and his fellow wounded warriors.

“It’ll get you set up for your future. I’ve been in the military since high school and I know it will, at the very least, help build up my resume,” said Jauregui.

The next OWF outreach event is tentatively scheduled for Jan. 15 in the Building 17 lobby. To find out more information about the program contact Jennifer Anderson at 703-428-7517 or via email at Jennifer.Anderson.ctr@osd.mil

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WRNMMC Chief of Staff Discusses 'Way Ahead' With Staff

By Bernard S. Little
WRNMMC Public
Affairs staff writer



Official Navy photo

Capt. Sarah Martin

Walter Reed Bethesda Chief of Staff, Navy Capt. Sarah Martin, briefed medical center staff members last week "on the way ahead" for the nation's largest joint military medical center, discussing the Strategic Plan and issues leadership will be focusing on in the coming months.

She said the vision and mission for Walter Reed National Military Medical Center (WRNMMC) have not changed since they were established not long after the former Walter Reed Army Medical Center and former National Naval Medical Center integrated in September 2011, forming WRNMMC.

The vision states WRNMMC "creates extraordinary experiences for patients, families and staff while driving tomorrow's health-care advances." The WRNMMC mission is to "lead military medicine through outstanding patient-centered care, innovation and excellence in education and research," [and] "provide comprehensive care to prevent disease, restore

health and maximize readiness, [and being] accountable to patients and staff, preferred for performance and admired for service."

The foundation and pillars upon which the vision and mission are built, "apply to the initiatives we are working this coming year," Martin added.

The foundation of the Strategic Plan are people and resources, while the pillars are service excellence, quality of care, research, readiness, education and the business of health care.

Discussing the people foundation, Martin said priorities will focus on a kickoff for a prosperity plan and improved recognition for staff. She said the resources foundation priorities include a review of contracts, improving supply/logis-

tics systems and contracting processing, and funding utilization.

The service of excellence pillar priorities will focus on enhancing customer service training, patient and family-centered care, and parking concerns for patients and staff.

Priorities for the quality-of-care pillar include expanding on TEAMSTEPPS, an evidence-based teamwork system to improve com-

munication and teamwork skills throughout WRNMMC. In addition, the Clinical Learning Environment Review (CLER) program, which seeks to improve training and quality for the house staff, will receive increased emphasis. There will also be multidisciplinary care at the patient's bedside, and improving patient safety reporting, Martin explained.

Regarding the re-

search pillar, Martin said priorities will be on the topic-based scientific review committee, strategic research plan and the infrastructure support cell.

Focus within the readiness pillar will be on the Fit and Healthy Force initiative, and efforts will be made to promote worksite wellness, Martin said. "We want to make sure we are all healthy, both physically and mentally," she con-

tinued. The Navy captain added WRNMMC will continue to pursue and strengthen relationships with other agencies, such as Veterans Affairs and National Institutes of Health, to enhance WRNMMC's readiness stature.

The education pillar priorities will include birth month training update, multi-service

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AHEAD

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integration of licensed practical nurses and dialysis courses, local medical community outreach, Graduate Medical Education challenge mitigation action and simulation center certification.

The business of healthcare pillar initiatives include improving the patient appointment metrics, marketing WRNMMC specialty care throughout the region, and placing check-in kiosks in all clinics. Martin explained the initiatives WRNMMC will pursue in 2014 were recently discussed among the medical center's leaders during an off-site meeting, where the Board of Directors Charter was reviewed and signed. "We looked at items and initiatives which will move the organization forward," she explained, adding a Fiscal Year 2014 Mission/People Performance Plan was established. "We also developed a standard methodology for tracking and holding ourselves accountable." This includes "being good stewards of the dollar and of people's time," she added.

The way ahead for Walter Reed Bethesda in 2014 and beyond, is aligned with the Military Health System (MHS) Quadruple Aim of increased readiness, better care, better health and lower cost, Martin said.

She added readiness not only encompasses the ability of service members to deploy, but also WRNMMC's readiness for patients,

"to make sure they are absolutely in the best place they can be in order to accommodate for better care, better health and lower cost."

"Readiness remains our core," said Rear Adm. (Dr.) Raquel Bono, director of the Defense Health Agency's (DHA) National Capital Region Medical Directorate (NCR-MD), in explaining the quadruple aim to WRNMMC staff last month during a town hall. NCR-MD has authority, direction and control over WRNMMC, Fort Belvoir Community Hospital, the Joint Pathology Center and other military treatment facilities in the area.

Bono explained the intent behind the transforming MHS is "to achieve greater integration of our direct and purchased healthcare delivery system to accomplish the quadruple aim. We will also lead the way in patient safety and quality management, and design the NCR market so that each patient has access to care in the market, regardless of enrollment site," the rear admiral added.

Closing out the town hall, Walter Reed Bethesda Command Master Chief Terry Prince said the Prosperity Plan will include a booklet for all WRNMMC staff members "to help them set goals for themselves, professionally, spiritually and in terms of relationships, for the coming year. Hopefully, we get some traction from this and it makes the work experience that much better for all of us."

"At the end of the day, [WRNMMC Director] Brig. Gen. Jeffrey B. Clark, really wants us to help each other," said the command master chief.

SUMMIT

Continued from 5

sors for upper extremity prosthetic control in transradial amputees." He describes the research as "exciting and promising," possibly capable of benefitting numerous wounded warriors.

Miller, a physical medicine physician, said major limb amputations as a result of the current conflicts in Iraq and Afghanistan has exceeded 1,600, with 27 percent being below-the-knee amputations (transtibial), 29 percent transfemoral (above-the-knee), 17 percent upper extremity loss, and 26 percent multiple limb loss. He said one of the goals of their study is "optimizing" functions for those who suffer amputations. He added while Walter Reed Bethesda has "the most advanced prosthetic devices in the world, they can still be improved."

Miller showed video of a wounded warrior with an implanted myoelectric sensor in his amputated limb who was able to control his prosthetic performing a series of accuracy tests, and able to pronate, supinate, flex and extend his fingers, and move his thumb.

"I'm thankful to have a young, motivated group of patients who are going to return to a high level of function, some in military service, and who are accepting of the technology," Miller said. "They are really the ones pushing the envelope and allowing us to do these studies."

Explaining another project, USU associate professor Dr. Teodor-D. Brumeanu, discussed his work with Dr. Sofia Casares focusing on development of fully human antibody-based vaccines.

Casares, an investigator at the Naval Medical Research Center/Walter Reed Army Institute of Research at Forest Glen, Md., and Brumeanu have generated humanized mouse models to develop a "human immune system," with the rationale to overcome the limitation of pre-clinical animal models in vaccine study trials. The goal is for the "humanized mice" to develop "a fully functional human immune system able to respond upon immunization with human vaccines."

In total, 12 presentations were reviewed at the fall research summit.

For more information concerning the Department of Research Programs at Walter Reed Bethesda, call Deborah Murphy at 301-295-8231 or email Deborah.a.murphy.ctr@health.mil.



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